

# **K-STATE**

## **Research and Extension**

### **Master Food Volunteer**

#### **Become a Master Food Volunteer!**

K-State Research and Extension is excited to offer a program for people who love to cook, are passionate about nutrition, health & wellness, love to learn and want to give back to the community.

#### **What are the benefits of becoming a Master Food Volunteer (MFV)?**

- Develop new avenues for serving the community.
- Meet others who share a passion for food.
- Participate in classes, by either leading or assisting, to teach others about food.
- Learn up-to-date practices on food safety and nutrition.
- Take your knowledge of food to the next level.
- Have a great time doing something you love!

#### **What is required of MFVs?**

- Volunteers go through a 40-hour training course, taught by district Extension professionals, K-State Extension Specialists and industry professionals.
- After training, volunteers give a minimum 40 hours of service back to the community under the guidance of their county or district K-State Extension Agent.
- Volunteers must enjoy working with youth and/or adults and be willing to share their love of food through various food-related projects and events.
- If you own or work with any food-related business, you cannot promote those products as a Master Food Volunteer.

#### **How do I apply?**

- Application forms are available online at [www.southwind.k-state.edu](http://www.southwind.k-state.edu) or by calling (620) 365-2242.

#### **When do training classes meet?**

- The course is online from January 16<sup>th</sup> to February 24<sup>th</sup> and you can work at your own pace.
- In addition to completing the online course, you will be required to attend at least two out of three hands-on trainings. These trainings will be held on January 30<sup>th</sup> in Mound City, February 10<sup>th</sup> in Humboldt, and February 17<sup>th</sup> in Fredonia from 10 AM to 2 PM.

#### **For more information, contact:**

Clara Wicoff  
Nutrition, Food and Health Agent  
(620) 365-2242  
[clarawicoff@ksu.edu](mailto:clarawicoff@ksu.edu)

# K-State Research & Extension Master Food Volunteer Application

There is a \$120 fee to complete the online course and become a Master Food Volunteer. The fee includes the cost for technology, background check, apron, nametag, and teaching supplies for this training.

INSTRUCTIONS: Please print neatly or type and **return to Clara Wicoff at 1006 N. State St., Iola, KS 66749**. Once your application has been received, we will contact you to arrange an informational interview the week of December 4<sup>th</sup> to answer questions and review program requirements.

Name (print): \_\_\_\_\_ Date of application: \_\_\_\_\_ County: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone (day): \_\_\_\_\_ Phone (evening): \_\_\_\_\_ Email: \_\_\_\_\_  
Years of food experience: \_\_\_\_\_

Why do you want to become a Master Food Volunteer?

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How did you learn of the Master Food Volunteer program?

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Types of food/nutrition experience and related training:

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List areas of specialties or hobbies related to food/nutrition:

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List experiences in working with the community, schools, churches, youth, senior citizens, etc.

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Please list any group affiliations related to food/nutrition:

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Applications are due Friday, December 1, 2023.**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Clara Wicoff two weeks prior to the start of the event at 620-365-2242 or clarawicoff@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
K-State Research and Extension is an equal opportunity provider and employer.